

Sporting Superstars Go For Gold Challenge – Week 6

Every week we will be setting a physical activity challenge to all of the young people in Nottingham.

The Sporting Superstars Go For Gold Challenge will invite you to have a go at the weekly challenge, video yourself having a go then upload your effort onto twitter, tag your tweet with the weekly hashtag.

When you have completed 2 weekly challenges you will be awarded a BRONZE WRISTBAND

When you have completed 5 weekly challenges you will be awarded a SILVER WRISTBAND

When you have completed 8 weekly challenges you will be awarded a GOLD WRISTBAND

#ssnfastfeet



Aim of the challenge: To complete the fast feet course as fast as you can

How to play: Find a space, indoors or outdoors where you can lay out 5 marker strips on the floor like in the picture. You can use bits of race track (as in the picture) toilet roll, rulers or whatever you want! The marker strips need to be about 50cm – 80cm apart.

The challenge is to go up and down the fast feet course in 3 different ways:

- (1) 1 foot at a time in each square
- (2) 2 feet in the square each time
- (3) 2 feet jumping into each square

WATCH THE VIDEO EXAMPLE – [CLICK HERE](#)

How to score: Time yourself to complete all 3 “laps”, make a note of the time and then see if you can beat it!

How to record and submit your results: Count your scores and upload your entry to twitter (along with the video where possible), providing the following information.

Name: First Name, Last Initial

School:

Year Group / Class:

Initial Time:

Best Time:

Remember to tag your tweet with **#ssnfastfeet** and **@SchoolSportNot1**

If you don't have access to twitter you can still play simply email your results to n.robb@ellisguilford.nottingham.sch.uk

How will the awards work?: School Sport Nottingham will keep a record of your Sporting Superstars Go For Gold Challenges and will be getting all of the wristbands awarded once you are back at school. There will also be weekly Sporting Superstar Gold Medals awarded for special and creative efforts!!

Good Luck !!